

**WHAT IS CLAIMED IS**

1. A process for producing a composition of water-soluble phytomedicinal compounds comprising:
  - 5 combining plant material with water, in a ratio of plant material to water within a range of about 1:5 to about 1:50, at a temperature between about 75°C and about 102°C for a period of time to solubilize a substantial portion of thermal aqueous extractable phytocompounds present in the plant material, to produce a first extract; and removing substantially all entities having a molecular weight greater than about 10kd
  - 10 from the extract to produce a composition of water-soluble phytomedicinal compounds.
2. The process according to claim 1 wherein the plant material is selected from the group consisting of leaves, bark, flowers, roots, stems, and fruit.
- 15 3. The process according to claim 1 wherein the composition is substantially devoid of water-insoluble compounds.
4. The process according to claim 1, wherein the ratio of plant material to water is within a range of about 1:10 to about 1:40, and the temperature is between about 75°C and about
- 20 100°C, and the period of time is between about 0.5 hours and about 48 hours, which comprises the additional step of drying the composition.
5. The process according to claim 1 wherein the ratio of plant material to water is within a range of about 1:10 to about 1:40, and the temperature is between about 75°C and about
- 25 100°C, and the period of time is between about 0.5 hours and about 24 hours.
6. The process according to claim 5 wherein the ratio of plant material to water is within a range of about 1:10 to about 1:40, and the temperature is between about 75°C and about 100°C, and the period of time is between about 0.5 hours and about 12 hours.
- 30 7. The process according to claim 6 wherein the ratio of plant material to water is within a range of about 1:10 to about 1:40, and the temperature is between about 90°C and about 100°C, and the period of time is between about 1 hour and about 6 hours.

8. The process according to claim 7 wherein the ratio of plant material to water is within a range of about 1:20 to about 1:40, and the temperature is between about 95°C and about 100°C, and the period of time is between about 1 hour and about 6 hours.
- 5 9. The process according to claim 8 wherein the ratio of plant material to water is within a range of about 1:25 to about 1:35, and the temperature is between about 95°C and about 100°C, and the period of time is between about 1 hour and about 6 hours.
- 10 10. The process according to claim 1 wherein the plant material is homogenized.
- 11 11. The process according to claim 1 wherein the plant material is known to possess medicinal properties.
- 12 12. The process according to claim 1 wherein the step of removing substantially all entities  
15 having a molecular weight greater than about 10kd from the extract is accomplished by means selected from the group consisting of ultra-filtration, chromatography, dialysis, and centrifugation.
- 13 13. The process according to claim 11 wherein the plant material is selected from the group  
20 consisting of larch tree, pine bark, red wine, Garcinia, and green tea.
- 14 14. The process according to claim 13 wherein the plant material is derived from green tea and the composition is substantially devoid of pigment.
- 25 15. A process for producing a composition of water-soluble phytomedicinal compounds comprising:  
combining plant material with water, in a ratio of plant material to water within a range of about 1:5 to about 1:50, at a temperature between about 75°C and about 102°C for a period of time to solubilize a substantial portion of thermal aqueous extractable  
30 phytocompounds present in the plant material, to produce a first extract; and  
removing substantially all entities having a molecular weight greater than about 13kd from the extract to produce a composition of water-soluble phytomedicinal compounds.

16. The process according to claim 15 wherein the plant material is selected from the group consisting of larch tree, pine bark, red wine, Garcinia, and green tea.
17. The process according to claim 16 wherein the plant material is derived from Garcinia.
- 5 18. A composition of water-soluble phytomedicinal compounds produced by combining plant material with water, in a ratio of plant material to water within a range of about 1:5 to about 1:50, at a temperature between about 75°C and about 102°C for a period of time to solubilize a substantial portion of thermal aqueous extractable phytocompounds
- 10 present in the plant material, to produce a first extract; and  
removing substantially all entities having a molecular weight greater than about 10kd from the extract to produce a composition of water-soluble phytomedicinal compounds.
19. A composition of water-soluble phytomedicinal compounds produced by the process of
- 15 claim 18 wherein the plant material is selected from the group consisting of larch tree, pine bark, red wine, Garcinia, and green tea.
20. A composition of water-soluble phytomedicinal compounds produced by the process of claim 19 wherein the plant material is selected from the group consisting of Garcinia and
- 20 green tea.
21. A method of administering an effective amount of a composition of water-soluble phytomedicinal compounds to effect at least one physiological condition selected from the group consisting of weight loss, anti-aging, immune enhancement, DNA repair enhancement,
- 25 anti-inflammation, cancer prevention and/or control, enhance gastrointestinal digestion, reduced fatigue/anxiety, reduced pain (including headache), amelioration of allergy conditions, reduce cardiovascular disease conditions, and enhanced skin (topical) conditions, wherein said composition of water-soluble phytomedicinal compounds was prepared by a process comprising combining plant material with water, in a ratio of plant material to water
- 30 within a range of about 1:5 to about 1:50, at a temperature between about 75°C and about 102°C for a period of time to solubilize a substantial portion of thermal aqueous extractable phytocompounds present in the plant material, to produce a first extract; and

removing substantially all entities having a molecular weight greater than about 10kd from the extract.

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